

# Carlisle Connection



September  
2014  
Serving  
Carlisle's 60+  
Community



COA Official Town website: [www.carlislema.gov](http://www.carlislema.gov)  
Friends of COA: [www.carlisle.org/foccoa](http://www.carlisle.org/foccoa)

66 Westford Street Carlisle, MA 01741

## Message from the Director



### World War I - A Family Affair

Shown above is the cemetery at Vieil Armand in Alsace, the site of at least 12,000 unidentified soldiers. As the world commemorates the 100th anniversary of the outbreak of a war that caused so much useless suffering, it almost boggles the mind to think how easy it should have been to stop, given that so many of the heads of state were related. Then again, as violence around the world continues, Pete Seeger's lyrics "When will they ever learn" comes to mind.

According to Christopher Clark's 'The Sleepwalkers: How Europe went to war in 1914,' "the genealogical web of Europe's reigning families had thickened almost to the point of fusion." For example, Germany's Kaiser Wilhelm II and Britain's King George V were both grandsons of Queen Victoria, while Russia's Tsar Nicholas II's wife, Alexandra, was Victoria's granddaughter. And, the mothers of George V and Nicholas II, were sisters from the house of Denmark. So, while there were certainly other, more complex influences going on at the time, applying the term 'family feud' does not seem out of place.

Yours, David

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## COA Annual Town Employee Appreciation Luncheon

Thursday, September 18, 11:45am

Please join us at FRS to thank our town employees, and enjoy the company of your senior friends and neighbors. Please note that this lunch is **FREE**. Our wonderful team of COA Volunteers headed by Verna Gilbert will provide us with cold cut and cheese platters, breads, condiments, desserts, and cold drinks. To register call the COA at (978) 371-2895 no later than noon on Monday, September 15. **For your entertainment:** Enjoy the music of our own Santo Pullara and Ray Taylor who will serenade us with a variety of sounds that are sure to bring a smile to your face. Shuttle available, see page 2.

"Autumn...the year's last,  
loveliest smile."



[Indian Summer]"  
— William Cullen Bryant

### CARLISLE COA OFFICE HOURS

Monday 9am - 5pm  
Tues - Thu 9am - 3pm  
Friday 9am - 1pm  
(978) 371-2895 Office  
(978) 371-6690 Van line  
(978) 371-6693 Director

### COA Staff

**Director** David Klein  
coadirector@carlisle.mec.edu  
**Outreach & Prog. Mgr.** Angela Smith  
asmith@carlisle.mec.edu  
**Transportation Coord.** Debbie Farrell  
coaride@carlisle.mec.edu  
**Admin. Assist.** Linda Cavallo-Murphy  
coadmin@carlisle.mec.edu  
**LICSW -** Peter Cullinane

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## TRANSPORTATION

**Van Line Reservations: (978) 371-6690 or email [coaride@carlisle.mec.edu](mailto:coaride@carlisle.mec.edu)**

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation.

\*A friendly reminder - seat belts must be worn and no one is allowed to walk around when the vehicle is in motion.\*

### DONATIONS/FEES\*

Van rides within Carlisle and the Friday shopping trip **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away, \$5.  
\*Parking fees are the responsibility of the rider.

### Medical appointments

Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.

### Local grocery /Shopping trips

Join us every Friday morning at 9am for the **FREE** Weekly Grocery Shopping Trip to Market Basket in Westford. Call to make reservations (978) 371-6690. Van leaves VC at 9am.



### Van pick-up for the FRS monthly lunches

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

## TRIPS & More

### Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.



**Burton's Grill**  
**Monday, September 8**

Join us for a delicious lunch at Burton's Grill in Westford. Van leaves VC at 11am, CC at 11:15am, returning around 2pm. Van fee \$2.00. Deadline to register is Tuesday, September 2.



**Cracker Barrel**  
**Monday, October 6**

We are going to Cracker Barrel in Tewksbury for an honest-to-goodness home style meal prepared from scratch. Van leaves VC at 10:45am, CC at 11:00am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, September 29.

### Day Trips

Call Joanne Willens at (978) 371-8023 to register.

**IKEA Shopping Trip**  
**Tuesday, September 23**



Join us for a trip to IKEA for a day of shopping and good food! Van leaves VC at 9:45am and CC at 10am. Returning between 4-5pm. Van fee \$5.00. Deadline to register is Tuesday, September 16.

**Hair Cuts on the Go!**  
**Monday, October 6, Town Hall**



Suzanne Hickey and Georgia Triantafilles provide haircuts to seniors for \$10.50. Appointment is 15 minutes. Call the COA at (978) 371-2895 for your appointment between 9:30am and 11:30am.

## SAVE THE DATE!

### IMPORTANT: MEDICARE OPEN ENROLLMENT DATES!

Medicare open enrollment starts on October 15 and ends on December 7. The SHINE program at Minuteman Senior Services will present all the Medicare changes for this year and answer questions at **Benfield Farms, 575 South Street, Carlisle on Tuesday, October 14, 10am. Please RSVP to the Carlisle COA by calling (978) 371-2895 by Monday, October 6, noon.** SHINE (Serving the Health Insurance Needs of Everyone) provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services helps seniors and people with disabilities live in the setting of their choice. For more information, call toll-free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org).

## **FOOD COURT & Miscellaneous Activities**



### **Monthly Coffee** **Thursday, September 4, 9am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Coffee is hosted by Verna Gilbert, Alice Hardy and Jean Sain. Come, enjoy good food and meet old and new friends.

### **Chelmsford Crossing/ Minuteman Senior Services Lunch** **Wednesday, September 3, 12pm**

Come to the Congregational Church for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Lunch is hosted by the Congregational Church. Enjoy a meal of stuffed peppers, mashed potatoes, peas and carrots, and dessert. Register at (978) 371-2895 by noon on Friday, August 29. **Prior to lunch at 11:45am:** Merrimack College's manual dexterity study announcement. **Following the lunch:** Alan Ankers presents Carlisle's Mosquito Eaters - an introduction to our local dragonflies and damselflies.

### **Participants Wanted for Research Study**

Dr. Laura Hsu, Assistant Professor of Education at Merrimack College, is looking for volunteers to take part in a study on manual dexterity.

- Eligibility: Must be 70 years or older and be right hand dominant.
- Time Commitment: About 2 hours per week for 4 weeks. A portion of the study will be completed from home.
- Tasks: Completing questionnaires, cognitive tests, physiological measures (blood pressure, pinch and hand grip strength, and vision), and either writing or reading from magazines you will get to keep.
- Compensation: Participants will receive \$20 cash, a free magazine, and an optional cognitive performance report upon completion of the study.
- Location: Researcher can visit your home or the study can be done at the local library, Merrimack College, or Harvard University.

Interested? Please contact Dr. Hsu at (617) 733-7198, or [HsuL@merrimack.edu](mailto:HsuL@merrimack.edu).

### **"SENIOR MOMENTS" at Ferns** **Monday, September 8 & 22** **9:30-11am**

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to senior attendees for coffee.



### **Men's Breakfast** **Thursday, September 11, 8am**

Held at the Sleeper Room at Village Court each month. Enjoy this generous, delicious, hearty breakfast prepared by a volunteer chef and helpers. Suggested donations: \$3 for Men's Breakfast.

### **Nashoba Valley Tech** **Tuesday, September 23, 11:45am**



Choose from meals created with great care by the culinary arts students at Nashoba Valley Tech. Call the COA by Thursday, September 18 at noon to register. Menu choices include Sirloin Kebob with peppers, onions, mushrooms and brown sauce; Baked Scallops or Vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$10 plus tip, payable at school.



### **Knitting in Service Society (KISS)** **Thursday, September 18, 7:30pm**

**Know how to knit or want to learn?** Now you can do something you enjoy and also provide a gift to someone in need. Knitting in Service Society (KISS) is a group of girls and women who have been knitting since 2006 to benefit those in need. New members are always welcome, or feel free to knit at home. We work on hats and scarves from easy to advanced - using any pattern of your choice. We knit for Boston's homeless through Common Cathedral. If you have any questions, please contact Angela at the COA at (978) 371-2895. To be added to the monthly email reminder, email [frs@carlisle.org](mailto:frs@carlisle.org). KISS meets Thursday evenings monthly, 7:30pm to 9:30pm (Sept. 18, Oct. 16, Nov. 13, Jan. 15, Feb. 19, March 19, April 16, May 21, June 18); call for the location. Donations will be made the beginning of November.

**\*\*NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.



## *Outreach with Angela*

We welcome you back with hopes that your summer was good and full of fun. As we prepare for another year, one of the things we would like to do is update our Resource Guide to include current and useful information. Our current guide is available online at: [http://www.carlislema.gov/Pages/CarlisleMA\\_COA/resource\\_guide\\_updated%20Feb\\_2014%20jda.pdf](http://www.carlislema.gov/Pages/CarlisleMA_COA/resource_guide_updated%20Feb_2014%20jda.pdf). If you use the guide and find that any information is not current, **please** let us know so that we can update it. If you find that there is information that you would find helpful, please let us know. We do NOT keep assisted living or long-term care facility information or home care aides in this guide since this information changes frequently, but if you need that info, just call me at (978) 371-2895.

We also keep (thanks to Jackie Engelhardt's help) a separate list of contractors whom folks in town have used and liked so that if a senior calls looking for a contractor, we can provide them with some suggestions. Therefore, if you have used a contractor that you think highly of, please call (978) 371-2895 or send me an email with the kind of contractor, the name of the contractor, their phone number, and website (if available). If you need a contractor, call and although we cannot recommend any contractor, we can provide you with the information we have received. Remember always check references and ensure that the contractor is licensed and insured.

I hope you have a wonderful fall, and I look forward to seeing you at our upcoming events!

Best,  
Angela



## *Community Events*



### **Caregiver Support Group** **Gleason Library, Hollis Room** **Monday, September 8, 3:30pm**

Anne Marie Rowse of Senior Care Advisors, facilitates a **FREE** Support Group for those caring for aging loved ones experiencing challenges, as well as information for family members or elders looking for health care information. Next meeting will be October 6.

For information - email: [amorowse@charter.net](mailto:amorowse@charter.net)



### **Carlisle Community Book Club** **Gleason Library, Hollis Room**

**Monday, September 8, 10:15am**

"Things that Matter" by Charles Krauthammer

For information contact Mary Zoll (978) 369-5236.



### **Cold War, Hot Peace with Gary Hylander** **Gleason Library, Hollis Room**

**Thursdays, September 25, October 2 & October 16, 7pm**



This fall, Gary Hylander returns to bring his flair for bringing history to life to the Cold War. This three-part series will take place on Thursdays, 7pm, at the Gleason Library, Hollis Room. September 25: "An Iron Curtain": the Cold War begins; October 2: "Better Dead Than Red": the Eisenhower through Nixon years; October 16: "The Evil Empire": the Reagan-Bush years and end of the Cold War.

Gary Hylander earned his Ph.D. at Boston College and is now an independent scholar who specializes as a Presidential Historian. He is a visiting professor at Framingham State University, on the staff at Boston University School of Education, and a pedagogical specialist for the National Endowment for the Humanities.

This series is free and open to the public, but seating is limited; please call the Library at (978) 369-4898 to register or with any questions. Sponsored by the FOCCOA Rose Pullara Fund and the FOGPL, in partnership with Sage Educational Services.

**FOR YOUR HEALTH****EXERCISE CLASSES - Mind & Body**

**Note:** To sign up for the following programs, call the COA office at (978) 371-2895 (**minimum # required**), unless otherwise noted. Stop in and try a class/day for **FREE** (except yoga)!

**MONDAYS****September 8, 15, 22, 29 @ FRS, Union Hall**

**Intergenerational Tap - 1:30pm.** For everyone 12 and older. Instructor: Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

**TUESDAYS****September 2, 9, 16, 23, 30 @ St. Irene**

**Zumba - 10:45am.** Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

**Tai Chi - 12:30pm.** Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Sept.-Nov.).

**WEDNESDAYS****September 10, 17, 24 @ St. Irene**

**Yoga - 9:30-10:30am.** Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Fee for Yoga classes: \$120 for 8 wks., \$40 for Carlisle seniors. Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

**THURSDAYS****September 4, 11, 18, 25**

**Fitness Class - 9:45am, Clark Room at Town Hall.** Great for all ability levels, may be done in a chair. Wear comfortable clothes. Fee: \$40 (Sept.-Nov.).

**Cardio-Boost Class - 10:45am, Congregational Church.** A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Sept.-Nov.).

**FRIDAYS****September 5, 12, 19, 26**

**SAMA - 10:45am, Clark Room at Town Hall.** (Senior Approach to Martial Arts) martial arts moves to help keep joints and minds flexible while increasing balance. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** For more info contact osbkarate.com.

**FREE Blood Pressure Clinics****Wednesday, September 3, 11:30am****Chelmsford Crossing Lunch**

Congregational Church, sponsored by COA Volunteers.

**Thursday, September 4, 9am**

COA Coffee, Sleeper Room, sponsored by Life Care Center of Nashoba Valley.

**Thursday, September 11, 8am**

**Men's Breakfast** Sleeper Room, sponsored by Home Instead.

**Thursday, September 18, 11am**

COA **Monthly Lunch**, FRS, sponsored by FOCCOA and Emerson Home Care.

**Monday, September 22, 10am**

**Senior Moments**, Ferns, sponsored by Right at Home.

**Podiatry Clinic****Benfield, Health Room, 2nd Fl.****September 2**

Call the COA (978) 371-2895 to make an appointment. **Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."




**Inside Walking****Carlisle School Gym****Monday-Friday, 6:45-7:30am****Starting Monday, September 8**


For security reasons the gym will not be left open. To walk you **MUST** call David Flannery (978) 371-2279 any time after 4pm the day before and before 5am the day you want to walk.

**Ballroom Dancing****Tuesdays, 2pm, St. Irene****Starting October 7**

Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register at (978) 371-2895.

# SEPTEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> <b>COA Closed</b> 	<b>2</b> Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene Podiatry Clinic (Call (978) 371-2895 for appt.) Benfield, Health Rm., 2nd Fl.	<b>3</b> Chelmsford Crossing Lunch - 12pm, BP 11:30am, at Congo <i>prior to lunch:</i> dexterity study info. - 11:45am; <i>following lunch:</i> Alan Ankers' "Carlisle Mosquito Eaters"	<b>4</b> COA Coffee & BP - 9am Sleeper Rm Fitness - 9:45am Cardio - 10:45am	<b>5</b> Grocery Shopping - VC 9am SAMA - 10:45am	<b>6</b>
<b>7</b>	<b>8</b> Sr. Moments - 9:30am Ferns Book Club - 10:15am Hollis Rm, Gleason Restaurant Review - Burton's Grill, VC 11am, CC 11:15am Tap - 1:30pm FRS Caregivers Support Group - 3:30pm, Hollis Rm, Gleason	<b>9</b> Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene	<b>10</b> Yoga - 9:30am Hearing Clinic (Call for appt.), Nickels Rm., Town Hall	<b>11</b> Men's Breakfast & BP - 8am Sleeper Rm Fitness - 9:45am Cardio - 10:45am 	<b>12</b> Grocery Shopping - VC 9am SAMA - 10:45am	<b>13</b>
<b>14</b>	<b>15</b> Tap - 1:30pm FRS	<b>16</b> Zumba - 10:45am St Irene Tai Chi - 12:30pm St Irene	<b>17</b> Yoga - 9:30am	<b>18</b> Fitness - 9:45am Cardio - 10:45am COA Town Employee Appreciation Lunch - 11:45am, BP 11, FRS, Music by Ray Taylor & Santo Pullara KISS Knitting - 7:30pm	<b>19</b> Grocery Shopping - VC 9am SAMA - 10:45am	<b>20</b>
<b>21</b>	<b>22</b> Sr. Moments - 9:30am Ferns, BP 10am Tap - 1:30pm FRS <b>Autumn Begins</b> 	<b>23</b> IKEA Shopping Trip - VC 9:45am, CC 10am Zumba - 10:45am, St Irene Nashoba Valley Tech Lunch - 11:45am Tai Chi - 12:30pm St Irene	<b>24</b> Yoga - 9:30am	<b>25</b> Fitness - 9:45am Cardio - 10:45am Community Event - 7pm Cold War/Hot Peace: An Iron Curtain, Hollis Rm, Gleason Library	<b>26</b> Grocery Shopping - VC 9am SAMA - 10:45am	<b>27</b>
<b>28</b>	<b>29</b> Tap - 1:30pm FRS	<b>30</b>	NOTE: Inside walking - Mon.-Fri. 6:45-7:30am Carlisle Public School. See page 5 for more info.			



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## **Return Service Requested**



### **Hearing Clinic Wednesday, September 10**

Mass Audiology will be at Carlisle's Town Hall to provide **FREE** hearing evaluations. A hearing professional will check your ear canal and screen for hearing loss with an audiometer. Residents who have hearing aids can have them checked and batteries replaced. Call the COA at (978) 371-2895 by Wednesday, September 3 to schedule an appointment.

### **Weather/Disaster - Wellness Check Registration**

Do you live alone or have compromised health, and would like a wellness check or call in the event of a weather related emergency or disaster? Call the COA at (978) 371-2895 to pick up or have a "Special Needs" form mailed to you. Please mail the completed form with signature to the Carlisle Fire Dept, Box 575, Carlisle, MA 01741 or drop off at the Fire Dept. mailbox at Town Hall. All information is kept in strictest confidence and not shared with any outside agencies. Also, if you would like a RUOK (are you ok) call, or a File of Life, please call the COA for more information.

### **September Chuckle**



This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.  
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest  
for their support of COA programs and their assistance over the years.